· ARMISTICE ON IN DRY BILL BATTLE

Committee Hearings on District Prohibition Go Over Until Tuesday.

JOCKEYING FOR POSITION

Anti-Saloon Forces Fear Delay May Imperil Passage of Measure.

have their innings when the commeting day this week.

The "wets" remained suspicious to 'drys" on Friday when Congressman Barkley, author of the bill similar to the Senate measure, suddenly announced that the advocates of prohibition for the District had no other witnesses and didn't desire to take up the time of the District Commit-

No Time Limit on Speeches. Sheppard-Barkley measure. A half ence of an individual, a race, or a dozen advocates of prohibition, in-cluding officials of the Anti-Saloon Dr. Monroe discussed at length "The cluding officials of the Anti-Saloon League, were in the committee room and in position to speak in behalf of part chemistry has played in the depart chemis a saloonless Capital.

action in resolving to continue the hearings until February 21.

The vote for the continuation of the hearings until that day was a "wet" victory. The "drys" wanted to close up the hearings and report the bill to the House without recommendation not later than February 16.

It is undoubtedly true that the prohibitionists in Congress and on the sidelines in the prohibition fight suspect that the "wets" are trying sollected by De Lore William Mellet. suspect that the "wets" are trying to jockey the Sheppard bill into an unfavorable position near the end of

Passage Grows Difficult.

The longer hearings are continued by the District Committee the more difficult it becomes to take up the prohibition bill at this session. All Congresses go out in a great flurry. There is excitement over appropriation bills and conference reports and "must" legislation has a chance in the last two weeks of a session.

Consequently the "drys" are somewhat peeved over the turn of affairs

District Committee and as each day allps by the situation becomes more desperate from the standpoint of the prohibitionist members However, the "wets" say they are perfectly consistent. Here is a voteless community, they argue, about to be made as dry as a desert and the people are denied the right to say yes or no. There is but one way to record the popular will—to hold hearings on the bill and obtain the views of Washington residents.

Need Be No Exception.

They point out that the committee telephones, and police and firemen's pensions-so why make an exception of the prohibition bill?

and there has been no complaint."

shown during the past week, the prohibitionists may change their heavier fire during the next ten days and concentrate upon the House Commit-tee on Rules. The antis expect just questioned Mr. Barkley on when the latter unexpectedly announced that the advocates of the bill had closed their case.

Wets Scent New Move. The "wets" scented in this a move

to go to the Rules Committee with quality.

The largest parts of the machinery re tee be discharged from further con-sideration of the Sheppard bill. Mr. Harkley's only comment was that no move was under way "at pres-or "just now." He declined to any promises about the future. Should the prohibitionists go to the Bules Committee, which has eleven members, and attempt to discharge the District Committee, which has twenty-one members, one of the livecommittee rows ever seen on Capitol Hill may confidently be ex-pected. Committees are rather jealous of their jurisdiction, and if the Rules Committee takes the prohibition bill away from another com-mittee while hearings are in progwould be a rather unusua and radical step, which would probcause much bitterness

PLAN NAVAL PREPAREDNESS

Naval Militia Association of U. S. Has Annual Banquet.

United States at the New Willard last night Congressman Padgett, chairman of the Naval Affaira Com-mittee of the House, said that dis-charged naval men all over the United

Rear Admiral Palmer, chief of the Bureau of Navigation of the Navy ing porcussion caps, friction primers, Lepartment, said that his department pressed bullets, and other minor de-Department, said that his department is a fast growing one, and that the vices and for heavy engines, but a naval militia is a force which will large part of these orders could not have because of the Fed.

Maj. Gen. George Rarnett, Mal. Gen. George Rarnett, com-mandant of the United States Marine Corps, and Captain Magruder, in change of the office of naval militia affairs in the Navy Department, also spoke.

The following officers were elected: Jersey, treasurer.

CHEMISTRY PLAYS BIG PART IN PRESENT-DAY WARFARE

Dr. Charles E. Monroe Points to Handicaps in Making Munitions at Time of Civil War.

By J. C. HEMPHILL,

E. Monroe, dean of the George Wash- de very much. E. Monroe, dean of the George Wash.

The war between the South and North was fought with muzzle-loaders est chemists in the United States and a world authority on the subject of needed for the making of cartridges An armistice in the trench fight- explosives, made an address on behalf which service was performed by unin" .etween the "wets" and "drys" of the American Academy for the Ad. skilled labor. on the House District Committee is vancement of Science to the people of on until Tuesday. The antis will Atlanta, Ga., in which he said a good many things that are of especial in ing him a bit of history about the terest, now that the United States appears to be on the verge of war with pears to be on the verge of war with was concerned in 1861-65. mittee reconvenes on its regular terest, now that the United States apone of the most powerful nations of day about the move made by the the world. Dr. Monroe is "by tem perament a man of peace;" but he is not a fool about it.

He told his audience in Atlanta that "Beethoven's Ninth Symphony, which brotherhood of man, became the delight of his youth," but that he had reached the conclusion that "a state The prohibitionists had used only of war is an essential and necessary about three hours th supporting the condition to the existence and persist-

velopment of modern warfare. The committee had placed no time large part of his address was devoted limit on either side because of its to the history of chemical discoveries action in resolving to continue the that have been powerful agents in the

collected by Dr. John William Mallet, collected by Dr. John William Mallet. and boys were detailed to work in for forty years professor of chemistry both the arsenal and the laboratory. In the University of Virginia. The "The latter gave employment to record made by Dr. Monroe has espesseveral hundred girls and boys, in cial value just now in view of the re-cent destruction by fire of the ex-

and had general supervision of the manufacture of ammunition for the

Confederacy.

Three of the establishments for this purpose were situated in Georgia, and-from these the major part of the Confederate ordnance material came.

Agriculture Main Product.

"In 1861,," as Dr. Mallet said, "the Southern States were almost wholly occupied with agricultural pursuits. and their resources immediately available in the way of manufacturing es tablishments were poor indeed."

Such establishments as there were were scattered over a wide area, pos-sessed poorly developed lines of trans-portation to sources of supply of the raw materials required in the manu-They point out that the committee has not healtated to hold hearings on other legislation, such as taxation cannon powder stored at Norfolk cannon, the public ownership of telephones, and police and firemen's

That was the condition of the South when the Confederacy, was formed. It when the Confederacy, was formed. It was taking its life in its hands, be a prohibition measure," said Congressman Cary during the hearings what king, going to make war last week, "is no reason that it should be rushed through here in a few hours hearings when we have given be able with ten thousand to meet days to hearings on other matters in the tometh against him with days to hearings on other matters him that cometh against him with and there has been no complaint." twenty thousands:" but so it was, and The respective positions of the Dr. Mallet told the story of how the wets" and the "drys" having been South tried to get ready after the

Planned For Munitions

Gen. Josiah Gorgas was made chief of the ordnance bureau and immediately such a move, and Congressman Cary planned permanent establishments for the making of munitions on a far-sight-The first of these works, a first-class

powder mill, was built at Augusta. It was begun in September, 1861, and within six months after construction began was producing powder of most excellent

quired were made at the Tredegar Works in Richmond. To the end of the war this mill continued in successful operation and supplied the southers armies with all the powder needed. Dr. Mallet said: "The statemen:

may seem startling in view of the difficulties under which this lishment was built up, but it exaggeration to say that among the finest and most efficient powder mills of the world at the time, if not the very best in exist ence.

Planned Central Laboratory. In September, 1862, the Confederate

government determined to build a central ordnance laboratory for the manufacture of artillery, small arms ammunition, and the innumerable minor articles of ordnance equipment, and this undertaking was committed to Dr. Mallet.

The laboratory was placed on a tract of 145 acres of land near Macon Ga., and was projected on a grand scale. The plans were approved by At the annual banquet of the General Gorgas. The three main Naval Militia Association of the buildings which were connected with traited States at the New Willard each other had a frontage of about 1.200 feet, and there were to be in addition about forty detached build

Ings.
The main buildings were practically States would prove of enormous value to the country should war be declared. Orders were placed in Eng. of much value in case of actual be filled in time because of the Federal blockade.

Third Establishment.

A third permanent establishment for the manufacture of small arms was also projected at Macon, and Lieut. Col. J. H. Burton, who had had experience at the government postoffice bill, providing salary in factory at Enfield, England, was creases for postoffice employes of 15 joined with Judge Gloth in the state-charged with its execution. The build-per cent on salaries up to \$480 a year; ment that nine tenths of the depreda-Comdr. Thomas T. Nelson, of Penn-sylvania, president: Capt. Guy A. Faton, of Boston, Mass., vice presi-clent, and Lieut. W. H. Hodgson, of ings were started and large contracts were placed abroad; but the end was year

About three years ago Dr. Charles so near that the enterprise did not

When he reached Atlanta, Dr. Monroe received the following letter from Mayor Bridges Smith, of Macon, giv-

Manufactured Munitions

"The Government used what was known as Findlay's Foundry as an arsenal, detailing mechanics and employing the best skilled artisans to so serenely and sweetly proclaims the be found, and then began the manufacture of cannon, shot, shell, can ister and grape. The cannon were cast at one time from contributions of brass candlesticks, andirons, door knobs, handles of pokers, etc., and of church and school bells, and, in fact, everything of brass or bell metal, About the same time a gunsmith's shop was taken for the purpose of making small arms and balls and

> "An old railroad depot was used later for this purpose, where percussion caps were also manufactured. The manufacture of ball cartridges for shotguns and muskets began in a residence, the work being done by a family, a mother and daughters. This family, a mother and daughters. This force was increased by the employment of many girls, and the residence being too small an old slave mart on Poplar street was secured by Major T. C. Downie, a technical engineer, who was placed in charge of the manufacture of cartridges. From a regiment of reserves the old menand how were detailed to work in

addition to the detailed soldiers. They cent destruction by fire of the externed were kept constantly at work making hibits and records in the university buck and ball cartridges, and also collection at Charlottesville. hibits and records in the universal cartridges for muskets and rines. The collection at Charlottesville.

Dr. Mallet was a lieutenant colonel first cartridges were made of brown of artillery in the Confederate serve wrapping paper, but in 1863 the Confederate, and superintendent of the Confederate serve federacy secured in some way a great quantity of white tough paper, similar to now known as bond lar to what is now known as bond writing paper, from a ship from Eng-land that had run the blockade, and this was used to the end of the war. In addition to making cartridges at the laboratory, the powder charges were fastened on shot, shell and can ister ammunition, Roman candles and rockets for signals, and also time fuses and friction primers were manu

> Made Under Difficulties, Dr. Monroe said in his address:

"Notwithstanding the crudity of the means, the lack of skill of the employes, the numerous makeshifts that had to be resorted to that the sulphur supply was that found on hand at the sugar plantations when the war broke out, that copper for their percussion caps was largely taken from the stills at the turpentine camps, that the mer cury and acids used for making the fuiminate, and such gun cotton as was used in priming fuses, had to be run in; and that the nitre was ob-tained from the lixiviation of the bat deposits in limestone caves and the nitrified earth about the plantation nuarters, while the excrementous mat-ter was carefully gathered to form bacteria effect the desired transfo nation, when General Wilson produced and accumulated at the coint an abundant supply of ami excellent quality

"But what of the present-day sizes tion?" asked Dr. Monroe, "The am nunition and arms have completely hanged. Breach-loading guns throw ng projectiles having low trajectory high velocity, and great penetration: smokeless, high-powered propellants; brisant detonating explosives for armor piercing projectiles, mines, and torpedoes, and substitutes for the fulminate have been de Gunpowder has been completely displaced, and the products of the cotton field, soap factory, coke even, and gas works, together with sulphuric and nitric acids, have become the raw materials for the manufacture of the explosives now

Chemistry Has Ald Manufacture.

"Chemistry in its application of lectricity has freed the nations from the dominance of Chile and India over the world's nitre supplies by teaching man how to draw directly on the abundant supply of nitrogen all around us (it being estimated that there are about 34,000 gross tons of altrogen in the atmosphere covering each acre of ground), and either through heating it, when distilled from liquid air, in contact with such calcium carbide as was made com mercially for the first time at Spray C., producing calcium-cyanamid, from which nitre and nitric acid are directly obtained, or by means of the electric arc causing the components of the air to burn so as to obtain nitrie acid directly; and chemistry has further taught how abundan supplies of sulphuric acid may be ob tained from the waste gases of melters.

Southern States have learned how in the last fifty years, and now enjoy "all the benefits of this chemical progress to an amazing degree tries within their territory fostered likewise the mechanic arts so that they are rich and prosperous and powerful and prepared for any emergency."

BOOST FOR POSTAL CLERKS.

Senator Smoot of Utah late yester

FLOGGING OF BOYS

FRAT SUBSTITUTE

FRAT SUBSTITUTE

FRAT SUBSTITUTE

FRAT SUBSTITUTE

PUZZLES TEACHE

FRAT SUBSTITUTE

PUZZLES TEACHE

FRAT SUBSTITUTE

FR COUNTY SPLIT BY

Alexandrians Divided Over Action of Authorities in Castigation.

AGAINST WHIPPING POST

Statute Permitting Violence to Prisoners Likely to Be Repealed.

Residents of Alexandria county. Va., are widely divided in their opinions regarding the whipping of two youths in a stable near the county courthouse after they had been convicted of petty larceny.

While resolutions denouncing the Virginia statute under which the chastisement was legally administer-ed have been adopted at two mass sociation

These organizations approved the These organizations approved the course taken by the county officers in the case and indorsed the castigation of the youths. A number of individuals also have publicly expressed their approbation of the manner in which the bows were contained. which the boys were punished.

Some Change Their Minds. Although there is no sentiment mong either the officials or residents of the county in favor of establishing a whipping post, when all the facts in this particular case were learned by persons who previously had joined in the criticism of the officers, some changed their minds and expressed the belief that the cause for indignation had been minimized. If the believed nowever, by both

It is believed, nowever, by both sides that the effect of the indignation meetings, which the officers say were held for purely political purposes, will be to have the statute which permits whipping repealed.

Text of the Statute. The statute is No. 3902a, passed by the Legislature of 1897-98. The title

of the statute is as follows: "To empower any judge, or justice of the peace of the Com-monwealth before whom a minor under sixteen years of age is con-victed of a misdemeanor to advicted of a misdemeanor to ad-minister stripes in lieu of fine or imprisonment, or of either, with the consent of the parent or guar-dian of such minor."

Following is the full text of the

"When any minor under sixteen years of age is convicted of a misdemeanor the justice or judge before whom such conviction is had may, if the parent or guardian shall consent, inflict on such minor such punishment as the court may think adequate; then the court shall discharge such minor from custody. The stripes imposed under this act shall be administered by the sheriff or any constable of the county or sergeant of the corporation wherein the conviction is had, upon the order of the judge or justice imposing the sentence and at such time and place as the said judge or justice may direct. The parent or guardian shall have the right to be present when such stripes are administered."

Judge Makes Statement.

Judge Makes Statement.

The case which resulted in the in dignation meetings was that of George Deeter, white, thirteen-years old, and Samuel Brooks, colored, six Both are said to be large for

teen. Both are said to be large for their age. Police Judge William Gloth, who sentenced the boys to be whipped, today made the following statement regarding the case:

"These boys, one of whom is not a stranger to the county police court, were convicted of stealing several ofa pillows, two table cloths, and several brass lamps from a canoe house on the Virginia shore of the Potomac river. Both of them plead-Potomac river. Both of them plead-ed guilty to the petty larceny charge. Parents Witnessed Whipping.

"It is not true, as stated at the indignation meetings, that the boys merely stripped some sail cloth from an abandoned building. They entered the canoe house and carried away the pillows, table cloths and lamps. Only their youth saved them from facing charges of housebreak-

ing.
"Before the boys were convicted "Before the boys were convicted their parents agreed with me that the youths should be whipped. The father of the white boy and the mother of the colored boy consented to the whippings proposed. The mother said she would like to whip her son, but he was too big and she did not have the necessary strength. The father of the white boy said he was convinced his son sught to be vas convinced his son sught to be whipped, but he did not wish to administer the chastisement

"I then directed Constable Smoot cut some switches, take the boys to the stable and rive them fifteen The boys' parents went to the stable and witnessed the whip-

Neither of Boys Wept.

"The two boys leaned over the two sides of a barrel and clasped hands. None of their clothing was removed. tue constable was instructed not to severe in administering the punishment, and I sent Sheriff Fields to the stable to see that these in-structions were carried out. Neither of the boys was nured by the whipping, which their parents approved in every way, both before and after the chastisement.

Neither of the boys wept a tear.
At the conclusion of the whipping
one of the boys rolled a cigarette, asked his father for a match, re-ceived it and went home smoking and smiling.

ad smiling.

"If the parents of these boys had be consented to their being whipped.

Dr. A. T. Wallace, a children of the parents of these been below the parents of the pa not consented to their being whipped, the switch never would have been

Not Injured in Lenst.

"The statements made at the indignation meetings that welts were raised and that blood flowed from the backs of these boys is absolutely untrue. They were not injured in the slightest degree. They were not hurt any more than a baby is when it

per cent on salaries up to \$480 a year; ment that nine tentas of the department of the great E and 10 per cent from \$480 to \$1,000 a tions committed in Alexandria county in great E were attributable to boys. Both of tions says:

Tried Probation Plan.

"Instead of punishing boys who ame before me on charges, I placed them on probation," said Judge Gloth "I had boys report to me every week and I questioned them about their conduct. I took them to the ball game, bought sods, peanuts, and ice cream for them and showed them the best time I could.

best time I could.

"Later I learned that the boys went back to their gangs and bragged on how they had 'put it over on the judge." It even got to the point where the other boys who had never been up on charges were jealous of the boys on probation because of the treed times the second in the se good times the latter were having at my expense

Conduct Has Improved. "I am fond of boys, and want to do everything I can to help them. I wouldn't have one of them whipped without his parents' consent for the world. I believe great good willere sult from the mild chastleement of these two boys. Parents all over the county tell me the conduct of their sons has greatly improved since it got around that these two boys were touched up with the county to the county to the county to the county the county to the county the county to th ouched up with the switch."

Commonwealth Attorney Ball said:

The punishment administered to these boys, approved i nevery way by their parents, had great salutary possibilities for the youths of this county until these unwarranted politico-in dignation meetings were held.

Meetings Destroyed Effect.

"The salutary effect has been almos entirely destroyed by the meetings, and bad boys already are strutting about the county proclaiming the fact that they cannot be punished because indignant protestants will defend them.

"This chastisement did not occur in anything like the manner it has been described by the politicians. If it had occurred as they described it, I would be the first person in Alexandria to invest in a pot of hot tar and a bag of feathers to tar and feather the man responsible for it."

TO AWARD "DRY" PRIZES

W. C. T. U. Will Hold Exercises at McKendree Church Tonight. Winners of the prohibition post

card contest conducted by the W. C. T. U. will receive their awards at exercises to be held Friday night at 8 o'clock at McKendree M. E. Church, Massachusetts avenue, between Ninth and Tenth streets northwest. The girl winners of the contest for

Massachusetts avenue, between Ninth and Tenth streets northwest.

The girl winners of the contest for the best reasons as to why there should be no saloons in the National Capital, are Vesta, Pollock, thirteen years old, Thirteenth and R streets northeast, first prize of \$10; Marie Geraci, twelve years old, 423 First street northwest, second prize of \$5, and Audrey Friel, thirteen years old, 128 North Carolina avenue, third prize of \$3.

Boy winners are anounced as follows: Arnold Harry Nevalser, aged twelve, 512 Third street northwest, first prize of \$30; Robert Russell Thurber, aged thirteen, of 3822 Ingomar street, Chevy Chase, second prize of \$5, and Huntley Gimme, eleven years, of 1354 D stret northeast, third prize of \$3.

Major C. E. Edwards, chairman; Andrew I. Hickey, secretary: Thomas Gallagher, treasurer. The other members of the executive committee arest by a special committee, comprising the following:

The arrangements for the celebration will be perfected this week by a special committee, comprising the following:

Major C. E. Edwards, chairman; Andrew I. Hickey, secretary: Thomas Gallagher, treasurer. The other members of the executive committee arest by a special committee arest by a special committee, committee are by a special committee are by a

PUZZLES TEACHERS

As Solution of Social Problems.

Whether the thousands of students of Washington public and high schools shall have a substitute for the fraternities, recently banned by the Board of Education, rests with faculties of the individual

The advisory committee of the Board of Education, appointed to consider the question, frankly admits ... does not know the answer. The amittee held a three-hour s-ssion behind closed doors at the Franklin School building yesterday, and ad-journed without reaching a decision, other than to leave it to the heads of the respective educational institu-tions of Washington.

Many Plans Suggested

Many plans were suggested at yesterday's meeting, among them being that of class organization. At this time, such an idea means little to the students. By permitting the pupils, on entering the high schools, to elect their own officers and or-ganise their own classes, the com-mittee believes that the social life of these institutions eventually will

be developed.

Other suggestions were offered, but were thought to be applicable to but one school. The commission resolved to accept the responsibility placed upon it by the school authorities and announced its readiness for conferences and announced its readiness for onferences and suggestions.

Will Attend Meeting.

schools Ernest L. Thurston, there were present the principals and two teachers from each high school, G. A. Lyon and Mrs. P. P. Claxton, wife of the Commissioner of Education of the United States Bureau of Education. Another meeting of the commission was announced for March 14, at 3 o'clock, at the Franklin.

K. OF C. EXERCISES

Celebration of Washington's Birth-

day to Be Held. The George Washington's Birthday exercises to be held by the Knights of Columbus in Continental Memorial

BATTERY B WILL BE MUSTERED OUT

Class Organizations Suggested Crisis Will Not Obstruct Militiamen's Return to Civilian

Mustering out Battery B, District National Guard, will begin tomorrow. The batterymen expressed the hope today that they will be out of the Federal service by Friday.

The mustering out orders came as a surprise. Many rumors that they would be held at Fort Myer for an indefinite period, probably until the present strained relations with Germany find been settled, were rife among the militiamen.

The physical examinations of the men will begin early tomorrow morning. Following the examination, all battery equipment and returning it to the United States Government.

Every article Uncle Sam issued to the batterymen, down to the last firk and spoon, will have to be given back and accounted for, and any lost article will be paid for out of the faulty militiaman's pocket.

Captain Wilson was very lenient to his men today in regard to the issuance of passes, and except for the squad on duty as sentinels, the barracks occupied by the battery were deserted.

Very few passes will be issued to morrow or during the week, however, because the battery's muster out will take the full time of every militiaman in the outfit.

NEW COLLIMBIA RECORDS

NEW COLUMBIA RECORDS

Tones of 'Cello and Synoopation of

Broadway Extremes Offered. Besides members of the Board of the masterful technique of Pablo Casals Education and Superintendent of Education and Superintendent of Schools Ernest L. Thurston, there the two extremes in melody offered in the current releases of Columbia

the current releases of Columbia Records.

Instrumental music takes precedence over vocal in the latest offerings of the Columbia Company. Featuring the month's output of the Columbia plant is Casals playing of Schumann's Abendled." The record reproduces the gentle tones of the cello in the master's hand, playing the dream melody of the couposer's mind.

The rolatering song of the "pirate bold" in "Treasure Island" is David Bispham's contribution to this month's releases, and Morton Harrey's humorous haritone is heard in mock horror about America's abbreviated costurees in the words of Mr. Meyer, who says 'They're Wearing 'Em Higher in Hawaii."

Another evidence of the versatility of Prince's orchestra is contained in the

City Physicians Explain Why They Prescribe Nuxated Iron

To Make Beautiful, Healthy Women and Strong Vigorous Men

NOW BEING USED BY OVER THREE MILLION PEOPLE ANNUALLY Quickly transforms the flabby flesh, toneless tissues, and pullid cheeks of weak, annemic men and women, into a

wo men is pale; the flesh flabby. The muscles lack tone, the brain fags and the memory fails and they often become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women the roses go from their cheeks.

choly. When the iron goes from their cheeks.

In the most common foods of America, the starches, sugars, table syrups, candles, polished rice, white bread, soda crackers, hiseuits, macaroni, spaghetti, tapioca, sago, farina, degerminated cornineal, no longer is iron to be found. Relining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cookery, by throwing down the waste-pipe the water in which our vegetables are cooked is responsible for another grave iron loss.

Therefore if you wish to preserve your vouthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by

T.A. Wallace, M.D.

been more than pleased with results and will continue its use."

Dr. E. Sauer, a Boston physician, who has studied both in this country and in great European Medical Institutions says: "As I have said a bundred

New York, N. Y.—It is conservatively estimated that over three million people annually in this country alone are taking Nuxated fron. Such astonishing results have been reported from its use both by doctors and laymen, that a number of physicians in saked to explain why country hybridistic and the saked to explain why hybridistic and the saked to explain the saked

sequence you become weak, pale and sickly-looking, just like a plant try-ing to grow in a soil deficient in iron. If you are not strong or

who wish quickly to increase, their atrength, power and endurance will find it a most remarkable and wonderfully effective remedy."

Dr. James late of the United States Public Health Service says, "Patients in an energated



have found this an ideal

again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsis, liver and other troubles in from ten to fourteen days' time, simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of the red coloring matter in the blood of her children is, alas' not that kind of from. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize-fighter has won the